

Certifications Thurs Oct 1

- SCW Active Aging, SCW Pilates Matwork, SCW Barre, SCW Personal Training, SCW Pilates Reformer Fundamentals, WATERinMOTION Aqua Exercise, SCW Group Exercise, SCW Aquatic Exercise

Register Here



Certifications Sun October 4

- S.E.A.T., SCW Stretching & Flexibility, ZUMBA + Gold, Pelvic Core Coaching, Integrative Meditation

Register Here



Indicates session is being recorded at this event or was recently recorded.

Room A Function & Active Aging, Room B Power & Personal Training, Room C Group Programming, Room D Recovery / Mind-Body, Room E Pilates Reformers

Table of sessions for Friday, October 2, including times, room numbers, and session titles.

Indicates session is being recorded at this event or was recently recorded.

Room F Aqua Ex, Room G Nutrition/Ex Science, Room H Leadership/Programming, Pre-Recorded Sessions Personal Training/Strength, Pre-Recorded Sessions Restore/Pilates/Tai-Chi, Pre-Recorded Sessions Active Aging/Functional Training, Pre-Recorded Sessions Nutrition/Exercise Science

Table of sessions for Friday, October 2, including times, room numbers, and session titles.

Fri October 2

Sat October 3

Sun October 4

Table of sessions for Saturday, October 3, including times, room numbers, and session titles.

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Visit the Expo Hall or shop sponsor discounts at scwfitt.com/midwest/discounts